

## Program Benefits

- Bring Personal Practice to New Level
- Explore Your Spirituality
- Individualized Attention in a small group setting
- Be a Certified Yoga Instructor
- Qualify for Yoga Alliance Certification
- Supplement your Income
- **\$1000 cheaper than Chicago Yoga Teacher Training Programs**



***Space is Limited!***

***Register Today!***



### Tuition and Expenses\*

\$2600 for Training\*\*\*\*\*

\$2400 if you register by  
October 1st

\$500 deposit with registration.  
Payment plans can be arranged.

\*Tax deductible. Consult your tax advisor.  
\*

**Receive \$200 for each friend  
that joins you in the program.  
That friend will also get \$200  
off their registration.**

Sessions held at  
350 Pfingsten Rd. Suite 109  
Northbrook, IL 60062

**Register Now!**

Sign up today, limited space to keep  
small and intimate group.

Call Adriana at 773.350.3467

Adrianawright2012@gmail.com



# Ashtangasana

200 Hour Teacher Training Program  
Fall 2015

# Learn to Teach and Immersion

The Ashtangasana Yoga Teacher Training Program celebrates many styles that have evolved from the ancient practice of yoga. Whether your passion is for a rigorous vinyasa or restorative practice, this teacher training certification program provides you with the tools to bring your passion to others. This program is also perfect for the individual who wants to delve deeper into their yoga practice. Learn the philosophy behind the poses and much more!



Adriana has been an instructor for 20 years. Trained in Chicago, she has studied with senior teachers such as: Ana Forest, Sean Corn, Baron Baptiste, Kathryn Budig, Daren Friesen, and many others. She has passion for the anatomy and alignment in each pose.

## October 11, 2015 – February 2016

16 week program

### Class Time Commitment

- Friday 9:00am - 12:00pm (tentative day, will discuss as group)
- Sundays 1:00 - 6:00pm (start with a yoga class)
- Some workshop Saturdays
- One Friday night for Business Plan Workshop
- Break during Christmas/New Year's

### Outside Time Commitment

- Personal Practice: 2 classes/week via yogaglow or Studio
- Meditation/Journaling each day
- Homework 3-5 hrs/week
- 1 Yoga Weekend Workshop of your choice
- 2 Assisting Classes - one of my classes or an approved class
- 2 Teaching Class- teach a class,